

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Gydom](#) /

› [Gydom Smart Watch User Manual - Model a5d8fd73-9082-41e2-8045-bf0116817470](#)

Gydom a5d8fd73-9082-41e2-8045-bf0116817470

Gydom Smart Watch User Manual

Model: a5d8fd73-9082-41e2-8045-bf0116817470

INTRODUCTION

This manual provides detailed instructions for setting up, operating, and maintaining your Gydom Smart Watch. Please read this manual thoroughly to ensure proper use and to maximize the device's features.



Image: The Gydom Smart Watch displaying various health and activity metrics on its screen.



SETUP

1. Charging the Device

Before initial use, fully charge your Gydom Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer USB port. A full charge typically takes approximately 2 hours.

Ultimate Water Resistance

Embrace the depths with our IP68 certified waterproof watch, dive into your aquatic activities with confidence.

-  Waterproof up to 10 metres
-  Vibration drainage

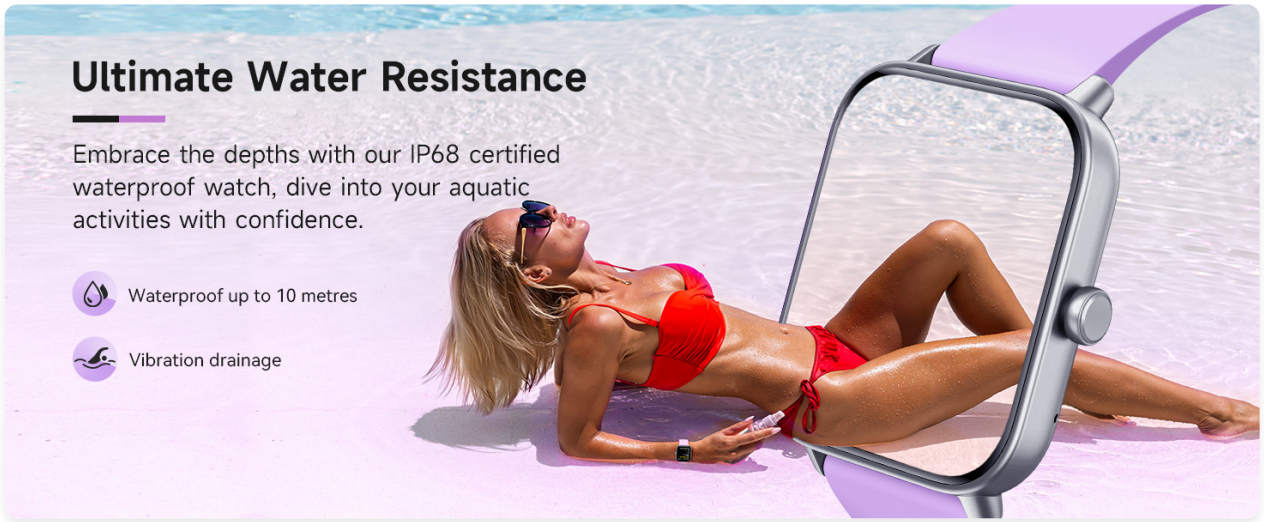


Image: The Gydrom Smart Watch connected to its magnetic charging cable, showing a 100% battery indicator.

2. App Installation and Pairing

1. Download the **VeryFit** app from your smartphone's app store (available for iOS 9.0+ and Android 6.0+).
2. Open the VeryFit app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the VeryFit app, search for your Gydrom Smart Watch and select it to pair. Confirm the pairing request on both your phone and the watch.

3. Initial Settings

After successful pairing, the app will guide you through setting up personal information such as age, height, weight, and gender. This data is used for accurate health and fitness tracking. You can also customize watch faces and notification preferences within the app.

4. Alexa Setup

To use the built-in Alexa voice assistant, ensure your watch is connected to your smartphone and the VeryFit app. Follow the instructions within the app to link your Amazon account and enable Alexa functionality.

Integrate with Amazon Alexa

Command your device to set an alarm, or get the latest weather forecast with just a simple voice command, effortlessly engage with your favorite daily apps.



Image: A user interacting with the Gydrom Smart Watch to issue voice commands via Alexa, such as setting an alarm or checking the weather.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or wake the device.

2. Health Monitoring

The Gydom Smart Watch continuously monitors various health metrics:

- **Heart Rate:** Provides 24/7 heart rate tracking. View real-time data on the watch or detailed historical data in the VeryFit app.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Tracking:** Automatically records sleep patterns, including deep sleep, light sleep, and awake times. Detailed analysis is available in the app.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **Menstrual Cycle Tracking:** For female users, the app can track and predict menstrual cycles.



Image: Visual representation of the Gydom Smart Watch's health monitoring capabilities, including heart rate, SpO2, stress, and sleep tracking.

3. Communication Features

- **Bluetooth Calling:** Make, answer, or reject calls directly from your watch when connected to your smartphone.
- **Notifications:** Receive alerts for calls, text messages, and app notifications (e.g., Facebook, Instagram, WhatsApp) on your wrist.
- **Alexa Voice Assistant:** Use voice commands to set alarms, check weather, control music, and more.

Bluetooth Call, Truly Hands-Free Experience

Whether you're at the gym, cooking, or driving, it ensures that you never miss a beat in your communication, keeps you connected at all times.

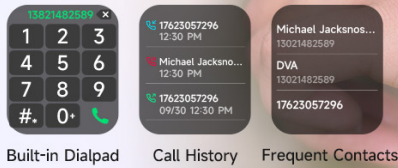


Image: The Gydom Smart Watch showing its Bluetooth call function with a dial pad and call history.

Intelligent Alerts

Elevate your connectivity with the innovative Gydom smartwatch. Experience seamless notifications right on your wrist, ensuring you're always in the loop.

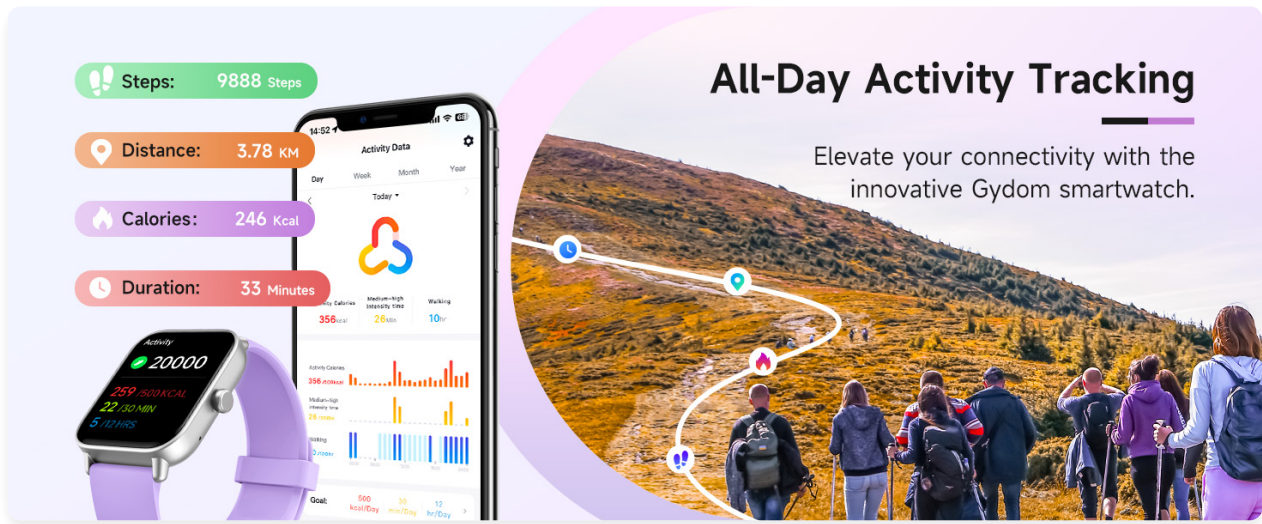


Image: The Gydom Smart Watch showing notifications from popular social media and messaging applications.

4. Fitness Tracking

The watch supports over 100 sports modes and tracks various activity metrics:

- **Activity Tracking:** Records steps, distance, and calories burned.
- **Sports Modes:** Select from over 100 modes for accurate tracking during activities like walking, running, cycling, swimming, and more.
- **GPS Via Smartphone:** Utilizes your phone's GPS for route tracking during outdoor activities.



All-Day Activity Tracking

Elevate your connectivity with the innovative Gydrom smartwatch.

Image: The Gydrom Smart Watch interface showing a selection of its 101+ professional sport modes, alongside images of individuals participating in various physical activities.

5. Other Functions

- **Customizable Watch Faces:** Choose from over 100 free watch faces or use your own photos.
- **Weather Forecast:** Get current weather information.
- **Alarm Clock:** Set alarms directly from the watch.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Music Control:** Control music playback on your smartphone.
- **Find Your Phone:** Locate your paired smartphone.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Flashlight Function:** Utilize the screen as a temporary light source.
- **Calculator:** Basic calculator functionality.
- **Games:** Includes simple games for entertainment.



1.8" Ultra HD Screen

Enjoy the ultimate visual experience

- **240*284**
Screen Resolution
- **1cm**
Thickness
- **39g**
Weight
- **5 Level**
Brightness

Image: The Gydrom Smart Watch showcasing its diverse range of functions, including AI voice assistant, weather updates, camera control, music playback, breathing exercises, and built-in games.

MAINTENANCE

1. Water Resistance

The Gydrom Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, such as washing hands, showering, and swimming. Avoid using it in hot water, saunas, or diving.



Image: A woman wearing the Gydrom Smart Watch while relaxing near a swimming pool, illustrating the device's IP68 water resistance.

2. Cleaning and Care

- Regularly clean the watch and strap with a soft, dry cloth.
- If the watch comes into contact with sweat, soap, or other liquids, rinse it with clean water and dry thoroughly.
- Avoid using harsh chemicals or abrasive materials for cleaning.

3. Battery Care

- Charge the watch regularly to maintain battery health.
- Avoid extreme temperatures, which can affect battery life.
- The 300mAh battery provides approximately 7 days of normal use and up to 30 days in standby mode.

TROUBLESHOOTING

Common Issues and Solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the VeryFit app is installed and running.
 - Restart both your watch and smartphone.
 - Ensure the watch is within Bluetooth range of your phone.
- **Inaccurate health data (Heart Rate, SpO2, Sleep):**
 - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - Clean the sensors on the back of the watch.
 - Avoid excessive movement during measurements.

- **Screen visibility in direct sunlight:** The screen may be difficult to read in very bright outdoor conditions. Adjust screen brightness settings if available, or seek shade for better visibility.
- **Notifications not received:**
 - Check notification settings in the VeryFit app and on your smartphone.
 - Ensure the watch is connected via Bluetooth.
 - Disable any 'Do Not Disturb' modes on your watch or phone.
- **Watch freezing or unresponsive:** Restart the watch by pressing and holding the side button, or if unresponsive, allow the battery to drain completely and then recharge.

SPECIFICATIONS

Feature	Detail
Model Number	a5d8fd73-9082-41e2-8045-bf0116817470
Screen Size	1.8 Inches
Screen Resolution	240*284
Battery Capacity	300 mAh
Charging Time	Approx. 2 hours
Normal Usage Battery Life	Up to 7 days
Standby Time	Up to 30 days
Water Resistance	IP68
Connectivity	Bluetooth
Operating System Compatibility	Android 6.0+ & iOS 9.0+
Item Weight	3.52 ounces
Special Features	Voice Call, Sleep Monitor, Heart Rate Monitor, Blood Oxygen (SpO2), Stress, Activity Tracker, 100+ Sports Modes, Alexa Built-in, Remote Camera, Music Control, Weather Forecast, Alarm Clock, Find Phone, Sedentary Reminder, Breathing Training, Flashlight, Calculator, Games

WARRANTY AND SUPPORT

Warranty Information

The Gydom Smart Watch comes with a **3-Year Guarantee**. This warranty covers manufacturing defects and ensures product reliability.

Return Policy

A **30-day return policy** is available, allowing returns for any reason within this period. Additionally, a **1-year free replacement** policy is offered for eligible issues.

Technical Support

For any technical assistance or inquiries, **24/7 technical support** is available. Please refer to the contact information provided with your product packaging or visit the official Gydom website for support details.